

# Serra's Knife Chant

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Guide your Chef Knife by your "claw"  
It cuts julienne and brunoise.  
Blade, rivets, handle, tang  
Drop one, you will feel the pain!  
Chef knife: chop, slice, mince, dice.  
CHEF KNIFE!!

A Paring Knife is in demand  
For fine work all done by hand.  
Peeling, paring and much more  
You won't need a cutting board.  
Paring: fruits, and small things.  
PARING KNIFE!!

Bread Knife, is the serrated one  
It has saw teeth to slice a bun.  
Use this knife for bread or cake  
Or any tender thing you bake.  
Bread knife: don't squish, just slice.  
BREAD KNIFE!!

San-to-ku is sure fun to say;  
It makes you look like Rachel Ray.  
Used often for Asian cuisine.  
Keep it sharp; keep it clean!  
Santoku: handles well.  
SANTOKU!!

Your Cutting Board must be stable;  
Stick it tightly on the table.  
Use a mat or a towel  
If it slips, you might yowl!  
Cutting board: keeps knives sharp.  
CUTTING BOARD!!

Keep Knives Sharp and you will find  
They'll do a good job every time.  
Use a steel to realign their edge,  
Never use them on a hedge.  
When they're dull, it's quite a drag,  
They won't even cut a rag.  
SHARP KNIVES!!

Now you know about each Knife  
So treat them as you do your life.  
Be careful with them, but have fun.  
Clean them well, when you're done.  
Serra knives; put them back.  
SERRA KNIVES!!

Ogden, revised 11/11  
Tune: Marine march

Sue Ogden

# Safety in Our Lab

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Here in our lab, sweet things are done  
Let's keep it safe and have some fun.

If you respect, the safety rules

Nothing will break

You won't burn your cake...

Here in our lab.

Here in our lab, there could be spills  
So clean up fast, 'cuz slips can kill!

If you respect, the safety rules

You'll never hear your teacher

Screaming like a creature...

Here in our lab.

Here in our lab, some things get hot  
Like oven, burners, pans and pots.

If you respect, the safety rules

There'll never be a fire

That we don't desire...

Here in our lab.

Here in our lab, some things we slice.  
Be careful using knives when you dice

If you respect, the safety rules

You'll never bleed on food,  
For that is really rude...

Here in our lab.

Here in our lab, some things don't mix  
Electrical shock will stop your clock.

If you respect, the safety rules

No hair will curl, you won't hurl...

Here in our lab.

Here in our lab, bad chemicals loom  
Mishandling them, could spell your doom.

If you respect, the safety rules

You'll read all the labels

Staying healthy and stable...

Here in our lab.

Here in our lab, some foods go bad  
So when in doubt, just throw it out.

If you respect, the safety rules

You'll avoid a bad infection

And earn your teacher's affection...

Here in our lab.

# Digestion Chant

I have some questions about my digestion:

What happens to the food that I eat?

How do all the nutrients get from my head to my feet?

Food starts in your mouth and you chew all around.

Then it mixes with saliva as you swallow it down.

Now it travels through a tube called the esophagus.

When it reaches the stomach, it's soft like mush.

Next it turns and it churns in gastric juice.

It heads for the intestines, as thin as soup.

The vitamins, minerals and some more--

Sugars, fat, proteins are ready to score.

They are small enough now, to soak right through

And absorb into your blood ready to use.

Waste is no longer needed, so out the body it goes.

Passes both rectum and anus, into the toilet it flows.

I had some questions about my digestion.

I listened to my teacher, now I understand

How to keep my body so it works just grand!

# Ready, Set, GO!

Hat, apron, wash your hands,  
wash your hands.

Hair, chef coat, wash your hands,  
wash your hands.

And don't forget to  
Do your PRE-lab job;

That's all part of mise en place,  
Mise en place!

Gather food and all supplies,  
All supplies.

Gather food and all supplies,  
All supplies.

And don't forget to  
Read the recipe;

That's all part of mise en place,  
Mise en place!

# Job Success Traits

I want a job so I can have success;  
Keeping it a long time would be best.  
Ten key traits, I must acquire,  
So my bosses will not fire!

Keep my job (clap, clap)  
Keep my job (clap, clap)  
Keep my job, keep my job, keep my job! (Clap, clap)

My positive attitude is number one,  
And team work will earn me a ton.  
Polite, efficient and always on time  
Will make me more than just a dime.

Better pay (clap, clap)  
Better pay (clap, clap)  
Better pay, better pay, better pay! (Clap, clap)

Reliable, drug-free and rested too,  
Being healthy each day through.  
Appropriate words are a plus  
And good hygiene is a must!

Lots of bucks (clap, clap)  
CEO (clap, clap)  
Success, success; here I go! (Clap, clap)

# Heimlich Maneuver

I am choking and I'm her to say,  
I really need some help right away.  
It may be meat lodged in my throat;  
No time to loosen my tie or take off my coat!

Can't talk (clap, clap)  
Can't breathe (clap, clap)  
Turning red (clap, clap)

Wrap your arms around my waist,  
Make a fist and put it in place,  
Make a quick upward thrust  
Getting that food out is a must!

Abdomen (clap, clap)  
Ribcage (clap, clap)  
Above the navel (clap, clap)

No more choking, you saved the day!  
The Heimlich maneuver was the fastest way.  
Always be careful when you swallow your food,  
Eat small bites; talking while eating is rude.

Big cough (clap, clap)  
Food is out (clap, clap)  
I can breathe (clap, clap)

Tune: I'm a Nut